

# On The Basis Of National Values To Raise A Healthy Generation In The Family

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**Annotation:** The article deals with the socio-psychological problems of raising children on the basis of national values in Uzbek families. Also, some shortcomings of the modern upbringing of children in Uzbek families based on national values are discussed.

**Keywords:** healthy generation, national values, nationality, education, social environment, family, traditions, conflict situations, behavior.

## Introduction

The world population of psychological health, physical health, to live a healthy life increase the level of harmful habits disclaimer technologies to the practice of the daily lifestyle of the population convert to a healthy lifestyle is being applied. Despite carried out a series of measures to promote healthy lifestyle among young people between them to lead unhealthy lifestyles, in particular, tobacco smoking, alcohol drinking increased the fact that age commit malformations in the family healthy the idea of the formation of the necessary opportunity to wreak lifestyle was. As the formation of values in a healthy sustainable lifestyle, conscious attitude to the health of the younger generation find the content you explain, medicine, pedagogy and systematic work on the implementation of major projects in the field of psychology is being carried out.

The world population of the city, especially in the megapolis of the population of new models of development to create a healthy culture, young people in various medical and social threats, malicious at, in particular, addiction, alcoholism, HIV, aids protection from the disease increase the literacy of youth and spiritual, medical, sanitation and hygiene to follow the rules of full, research is being carried out on the restoration of moral values in the society. At the same time, the population, especially in the minds of young people on a healthy lifestyle concepts of imagination and the family of the new year in the

form of social-scientific studies on the expansion of opportunities for the improvement of psychological mechanisms, particular attention is given.

People, life, health - biggest social wealth. This family is engaged in the fullness of the other place before school healthy lifestyle education and human formation of cross-puts the issue. Folks also health naturally through a healthy lifestyle is handled. From this regard, the perfect old trained as a young man has been the intention of the dream of our ancestors.

About the picture of himself and his education of this man's behavior is a complex process that is providing accurate and unbiased. Great enlightened Abdulla Avloniy on education "Education for life we either either salvation – destruction either, either – happiness is a matter of either disaster,"- tell that was the idea. We have a wide observation this is his opinion that the necessity to approach with special attention to the education of the youth of today is evident. It should be noted that, folks, certain traditions, values, customs, the spiritual state of the person, the fullness, the shape of [1].

People in "the motherland begins from the threshold" that there are wise sayings. Astana raising it from the family, the education of the span, the primary unit of the society. The holy family traditions preserved for centuries in the heart of love coming through our youth to the motherland, I believe-belief, responsibility, takes

the place of noble ideas such as humanitarian. The younger generation of the family, together with the role of the neighborhood is also incomparable. The neighborhood people our age-old customs and traditions have to rely on huge performed the task without educational increases. Neighborhood, school and community from generation to generation without relying on the heritage of national values in the education of children was coming to see the work it is evident that may lead to positive outcomes.

The neighborhood on the national values in the area of education, especially for those who work on the street older neglected children never before did not pass censure on the right path and immediately called them. Well-mannered to be growing with a number of parents of children in the neighborhood-a comprehensive school is also a great sign of age sing a beautiful, well-mannered, a beautiful family and neighbors in the role of the holy religion in terms of the behavior is given great importance. "That you will see in bird nests", that our people did not tell no accident. Nurturing children parents every movement, stand, walk, circulation, noble qualities in relationship with others will exhibit must know. Because imitation is by nature the children of measure and incredibly observant. Therefore, sometimes with his audience will perceive themselves without their habits affect them. A rough relationship in the family, lying, a lot of babysitting an unhealthy environment which produces unpleasant behavior will have a negative effect.

Educate them in the spirit of moral and national values of children in the family spiritually mature, morally pure ingenuity and mentally reach a healthy generation plays an important role. But, today, in some families to afford a number of shortcomings in this matter also is removed. Educate children in Uzbekistan on the basis of national values below family doing some shortcomings in terms of the way I'll try to meditate on.

1. Family education in our national values, i.e. the tale, saying, from the science of use and related Hadis enough condition. Is known from research results noted that only a quarter of

parents to the age of the children part of the story, and tell's all remember are saying brings related [3]. Apale values in our people rarities oral creativity, and related knowledge in children Hadis goodness, majesty, to conduct to the formation of a trait that is not obvious to all what is to be of service. Still, why we will ignore this issue in the education of the children of today. these are our negligence, he left to train our children knew that tomorrow when I get older doctrines perfect does not remain without a negative impact behavior of a person to be reached.

2. The education of children in the family of the elderly in the children's education also has a negative effect on the condition of not taking part. Athe pale people have no accident that I was not. Nursing first, almost always home with the kids to be in communication constantly to bring their activity controls, and secondly a lot of life experience plays an important role in the education of children in them.

Point in the next year that is specific to the age of Uzbekistan in the people is not compassion, tolerance (tolerance), desperate to shed get the message, somehow they seem to have been the qualities help you stay see today. Greed among the youths, innocence, apathy, profiteering, covetousness, as at eyestrain has increased.

3. Unmorally behavior in children and adolescents that are related to the factors which cause to come out in one more primitive

family education family education (outdated) method use were protected the main focus. The method of training, such as training, sometimes very harshness, authoritarian, based on the thoughts and vision of children is conducted without considering. Such a way of bringing up children in today's life itself that is wrong also showing. Because today's young people committed to independent thinking, having told about their look, mentally mature young. Such young keep up with and to hear of their minds to review, give you advice in the desired areas, we should not forget that show good results give guidance.

4.As much material as possible for the children in the family status and living conditions

can cause the deviation to the creation to come out in their behavior. Universal and religious doctrine, according to parents in the education of their children necessary for a comprehensive family bowl-conditions is said to give. But, today, some children sometimes lack the necessary material conditions for children in families with the condition of problematic experiences face to fight it out alone. Conditions that arise in relation to such a condition teenagers in the world, a sense of family dissension day-to-day take of proliferation, can cause you to go into internal uprising.

5. Any wrongful actions of a child in the family need to be supported by parents and other family members condition. Thus, the wrongful behavior of children and teenagers by family members and loved ones to see nurtured unhappiness and the relationship is expressed in positive or ignore. "Such work", "what are you trying-words nurtured unhappiness" instead of parents approved of their actions or the audience, or do not pay attention to him. As a result of their movement is abnormal another child who throws nurtured hand trying to unhappiness felt it would be approved. Ultimately negative manners accessories for the entire activity of the mind creates the chance to be the cover.

The method of training children to review their statement of their own thoughts, such also, the opportunity to express their viewpoint and come to an independent decision is limited to certain situations. Sometimes the behavior of the children in the way of training, such as the method of management methods will go with a mandatory ban. You can touch these things at home, this thing can't touch this clothing you will put on, and you put the relationship is set. The interest of the child, freedom, pleasure to wear clothing himself to be disappointed with the work concerned want be interested and engaged with the sport is carried out with discretion parents want to read the book. In the family of the father or mother what he said-I said, I mean-that is it. Stagnant development in children trained in such methods independent to meditate, let shy, shared his views will not let you, the subject, is demonstrated as the negative qualities are hesitant and cowardly. Without courage, subject,

shy children active and self-confidence, a sense of lacks. Also, lack of speech in them the mode of development are also observed. Live your whole life for someone else be subject to such children. In them leadership skills will be developed manageability stagnant. They're the words of someone else-will fly quickly to the words. Therefore, they cheat, the reflections, are to become the victim of description. And finally, the often disputable situations down stagnant in their thinking competence development is the reason. They had to make the right decisions in disputable situations. They work with someone else, the effects of have different crime or as a result of force can carry out.

The family of the parents in the upbringing of children in Uzbekistan, one of the disadvantages of the age of pay attention to the education of children. Apale people "nine of the ninety is not in" what a wonderful organ transplant. If the child is taught how early, so if adapted quickly to the education, learns. Many parents in the age of dark, the snow my children, but think that will be torn. Age 16-17 go to school, think about the children while they remain in graduating. In this period the education of children, many parents think about his future they they do not understand that it is late. As a result, we pulled ourselves a given period of suffering a miss in education. We have also the future of this children of the future, prosperous and live a happy life you will destroy. In such cases, often the blame from the children we are looking for. While we are than our own or confess guilt we do not know.

As it is known, in the formation of a healthy generation of the family, the role of the family environment is great. A mutual relationship in the family is healthy, harmonious and healthy psychological environment for the generation of lifestyle is key to the delivery of care. From this respect, most primarily in the family to have a healthy lifestyle, the environment is important in the formation of psychology. Atrack than the majority of psychology on the issue of the formation of a healthy lifestyle in the family himself subsequently the condition occurs. An adult in this family in the minds of children who are in

outlook to a healthy lifestyle leads to the appearance of relatively unhealthy relationship.

Conclude the people of Uzbekistan who have spiritual and national values, customs and traditions in the family and family relationships, in particular, plays an important role in the education of children. Physically strong and spiritually perfect, mentally mature social thinking and mentality of the east to bring up children and constitute the main content of the principle. Because, through the nurturing of children is the form of the perfect man will bring up a sense of mercy and compassion. Children values – this is the lifestyle of the Uzbek people, psychology, the kid's habits and at the same time healthy, energetic, spiritual and physical cultivation of the mature generation, traditions, style of thinking.

It is worth noting that I was telling values, traditions, customs are incomplete in the family reaches. Growing in the same environment, the future of our nation is the need to educate the children of our national traditions specific to the heir. Family education in national values and our traditions that is wrong look on point[2]. Rich and colorful culture, our customs and traditions all values of moral, spiritual riches constitute. And studied it deeply, the man who mastered before they can achieve any goal.

The idea of the formation of a healthy lifestyle focused on the future than in age and the presence of the target their life, fun, and full of rich content from the emotional aspect is to have an idea about from lifestyle, to feel and to feel that life making his decision to choose to have the independence, personal life goals and who can lead, respectively, to imagine that the person belongs to the image of a strong young person like you to know statistical significance of the properties of the active symptoms have shown that a high level of health in relation to manners.

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